

ABSTRAK

HUBUNGAN TINGKAT PENGETAHUAN GIZI, BESAR UANG SAKU, DAN TINGKAT ASUPAN MAKRONUTRIEN DENGAN STATUS GIZI PADA MAHASISWA ILMU GIZI UNSOED

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Latar Belakang: Status gizi penting diperhatikan guna mencegah terjadinya masalah gizi. Asupan makanan, besar uang saku dan pengetahuan gizi dapat mempengaruhi status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat pengetahuan gizi, besar uang saku, dan tingkat asupan makronutrien dengan status gizi mahasiswa Ilmu Gizi Unsoed

Metodologi: Desain penelitian *cross-sectional* dengan sampel 34 mahasiswa semester VI yang dipilih dengan *purposive sampling*. Pengetahuan gizi diukur dengan kuisioner, asupan makanan diukur dengan *food recall 24 jam*. Analisis bivariat dengan uji *Rank Spearman*.

Hasil: 50% mahasiswa memiliki pengetahuan gizi yang baik. Sebanyak 67,65% asupan energi kurang, 64,7% dan 29,4% asupan protein dan lemak lebih, 67,6% asupan karbohidrat sangat kurang. Tidak terdapat hubungan antara pengetahuan gizi dengan status gizi ($P=0,299$), tidak ada hubungan besar uang saku ($P=0,305$) dan tingkat asupan makronutrien (Energi ($P=0,281$); Protein ($P=0,699$); Lemak ($P=0,202$); Karbohidrat ($P=0,918$)) dengan status gizi.

Kesimpulan: Tidak terdapat hubungan antara pengetahuan gizi, besar uang saku dan asupan makronutrien (energi, protein, lemak, dan karbohidrat) dengan status gizi.

Kata Kunci: pengetahuan gizi, uang saku, asupan makronutrien, status gizi, mahasiswa

ABSTRACT

THE RELATIONSHIP OF NUTRITIONAL KNOWLEDGE, POCKET MONEY, AND LEVEL OF MACRONUTRIENT INFLUENCE WITH NUTRITIONAL STATUS OF NUTRITION SCIENCE OF UNSOED STUDENTS

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Background: Nutritional status is considered in order to prevent the occurrence of nutritional problems. Food intake, large allowances and nutritional knowledge could affect the nutritional status of college students. This study aim to examine the correlation between the level of nutrition knowledge, the amount of pocket money, and level of macronutrient intake with the nutritional status of Nutrition Sciences of Unsoed students.

Methods: The study design cross-sectional with a sample of 34 students in the sixth semester selected by purposive sampling. The nutrition knowledge was measured by questionnaire, food intake was measured by 24-hour food recall. Bivariate analysis with the Spearman Rank test.

Results: 50% of students have good nutritional knowledge. As much as 67.65% less energy intake, 64.7% and 29.4% more protein and fat intake, 67.6% carbohydrate intake is very less. There was no relationship between nutritional knowledge and nutritional status ($P = 0.299$), there was no significant relationship between allowance ($P = 0.305$) and the level of macronutrient intake (Energy ($P = 0.281$); Protein ($P = 0.699$); Fat ($P = 0.202$) Carbohydrate ($P = 0.918$)) with nutritional status.

Conclusion: There is no correlation between nutritional knowledge, pocket money and macronutrient intake (energy, protein, fat, and carbohydrate) with nutritional status.

Keywords: nutritional knowledge, pocket money, macronutrient intake, nutritional status, college students.